



## MONDAY



**White Pizza**  
\$9.01

## TUESDAY



**Tostada**  
\$16.03

## WEDNESDAY



**Hawaiian Bowl**  
\$16.62

## THURSDAY



**Buffalo Chicken Wraps**  
\$9.83

## FRIDAY



**Shrimp Tacos**  
\$21.51

Estimated Total: \$73.00

### Produce:

Garlic (6 cloves)  
Arugula (2 cups, optional topping for pizza)  
Lemon Juice (optional for pizza)  
Onion (1/4)  
Lettuce (1/2 head)  
Avocado (1 1/2)  
Zucchini (2)  
Bell Peppers (2, any color)  
Pineapple (1/2)  
Red Onion (1)  
Romaine (2 cups)  
Carrots (1/2 cups, shredded)  
Lime (1)  
Jalapeno Pepper (1/2)  
Cilantro (1/4 cup)  
Cabbage (2 cups, shredded)  
Toppings for tacos: avocados, pico, etc

### Refrigerated:

Mozzarella (8 oz ball)  
Ricotta (1/3 cup)  
Pecorino or Parmesan Cheese (1/3 cup)  
Queso Fresco  
Mexican Crema or Sour Cream  
Cheddar Cheese (1/2 cup)  
Greek Yogurt (3/4 cup, plain)  
Blue Cheese (1/2 cup - or ranch dressing)

### Canned Goods:

Refried Beans (1 can)  
Unsweetened Coconut Milk (1 1/2 cups)

### Pantry:

Olive Oil (9 Tbsp)  
Light Brown Sugar (6 Tbsp)  
Soy Sauce (1/2 cup)  
Honey (1 Tbsp)  
Cornstarch (2 tsp)  
White Vinegar  
Dough (for 1 large pizza, homemade or store bought)  
Sweetened Flaked Coconut (1/2 cup)  
Rice Vinegar (2 Tbsp)  
Sesame Oil (1 Tbsp)  
Franks Hot Sauce (1/2 cup)  
Salsa, Pico or Salsa Verde

### Bread & Grains:

Tostada Shells (10)  
Jasmine Rice (2 cups)  
Flour Tortillas (4 large)  
Corn Tortillas (10-12)

### Protein:

Ground Beef (1 lb)  
Chicken Tenders (6)  
Chicken Breasts (1 lb)  
Shrimp (1 1/2 lbs, uncooked peeled, deveined)

### Seasonings:

Kosher Salt  
Oregano  
Thyme  
Chili Powder  
Cumin  
Paprika  
Garlic Powder  
Ground Ginger  
Crushed Red Pepper Flakes  
Cayenne  
Onion Powder  
Coarse Salt  
Salt & Pepper

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# Meal Plan 78

## PREP INSTRUCTIONS

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### BREAKFAST IDEAS

- Strawberry Banana Smoothie
- Breakfast Taquitos
- Overnight Cinnamon Rolls

### LUNCH IDEAS

- Ham & Cheese Sliders
- Chicken Caesar Pasta Salad
- Cashew Chicken Lettuce Wraps

### SNACK IDEAS

- 7-Layer Bean Dip
- Garlic & Parmesan Kale Chips
- Protein Bars

MONDAY

#### White Pizza



- If you are looking to save time, pre-bake the dough ahead of time, allow it to cool completely, and store it covered, in the refrigerator for 1-2 days until ready to add toppings and bake. The entire pizza can also be assembled 1-2 days ahead of time.

TUESDAY

#### Tostada



- Have everything prepped and stored separately in the fridge. When ready to eat, re-warm the meat and beans and assemble the tostadas.

WEDNESDAY

#### Hawaiian Bowl



- This meal can be prepped ahead of time by chopping all of the vegetables, making the teriyaki sauce, and marinating the chicken.

THURSDAY

#### Buffalo Chicken Wrap



- Chicken can be made ahead of time and stored in an airtight container for up to 3 days before serving.

FRIDAY

#### Shrimp Tacos



- The shrimp taco sauce can be made up to 3 days ahead of time, stored in the refrigerator. Shrimp taco marinade can also be made a few days ahead and stored in the refrigerator.